

Appendix C

Fall Protection Hazard Assessment and Rescue Plan

Department:

Address:

Jobsite Location:

Date Prepared/Modified:

Plan Prepared by:

Signature:

Plan Approved By:

Signature:

Plan Supervised by:

Signature:

Fall Protection Hazard Assessment

Fall Hazard Identification and Protection Selection Worksheet

On the table below, identify each **Fall Hazard** that exists or may exist, and then use the drop-down menu to choose whether workers will be protected by Fall Prevention, Fall Restraint or Fall Arrest. For each **Overhead Hazard** identified, specify method(s) of protection for workers from list below.

Hard Hats Required

Screens on Guardrails

Overhead Hazard Signs

Barricade to Control Access to Area

Debris Nets

Other:

Toe Boards on Guardrails

Other:

Fall Hazard Type	General Location(s)	Fall Protection Method	Overhead Protection Method
Roof > 4/12 Pitch			
Roof ≤ 4/12 Pitch			
Skylight Openings			
Roof Openings			
Floor Openings			
Window Openings			
Open-sided Floors			
Decks			
Balconies			
Leading Edge Work			
Mobile Lift Work			
Excavation Edges			
Grade Drop-Offs			
Unprotected Sides and/or Edges			
Other:			
Other:			
Other:			

Fall Protection Hazard Assessment

Fall Protection System Assembly and Maintenance:

Fall protection systems will be assembled and maintained according to manufacturer's instructions when using a manufactured system. A copy of those instructions is available on-site for reference. Any fall protection system used will meet applicable regulations. Assembly and maintenance instructions unique to this worksite such as components, placement of systems, anchor points, areas where systems are particularly subject to damage, etc., are specified below.

Fall Prevention

Guardrails

- Top of the rail must be 42" ± 3" above the work surface and withstand 200lbs. outward or downward force
- Midrail must be ½ the distance to top rail and be able to withstand 150 lbs. outward or downward force
- Deflection must not exceed 2"
- Toeboard (if applicable) must be min 3½" in height and have a ¼" max lower gap
- be inspected regularly per manufacturer's instructions

Note: A guardrail does not protect a person standing on a ladder, box, or other surface above the work surface

Post Material:

Rail Material:

Post Spacing (8' max):

Anchor Method:

Other Instructions:

Warning Line

- Block access to all fall hazards in the work areas
- Must be a minimum of 6' from roof edge (OSHA). Check with your state for proper placement of warning line
- Be made of rope wire or chain between 34" and 39" above surface height
- Be attached to stanchions such that pulling one section of chain will not take up slack in the other sections
- Shall have a minimum tensile strength of 500 lbs.

System Component List:

Configuration and Placement sketch attached?

Yes

No

Other Instructions:

Fall Protection Hazard Assessment

Fall Prevention (cont)

Safety Nets

- Must be installed within 30' vertically of the work surface
- Must extend out from the outermost projection of the work surface as specified below
- Must be tested or certified to withstand 400 lb object dropped from the highest work surface
- Mesh at any point must not exceed 36 in² with the largest opening being 6" on any one side
- Inspect weekly for mildew, wear or damage, and remove objects in net as soon as possible

***A person falling into the net cannot contact any object below the net.*

System Component List:

Anchor Point at this worksite:

Maximum Fall Distance from Work Surface to Net: Feet

Distance from outer edge of net to outermost edge of work surface:

Up to 5' fall = 8'

5' to 10' fall = 10'

>10' fall = 13'

Configuration and placement sketch attached? Yes No

Other Instructions:

Fall Restraint

- A. Anchorage capable of supporting 3000 lbs.
- B. Body wear, e.g., full body harness, body belt
- C. Connecting device, e.g., lanyard, SRL

Please fill in the blanks if this system is to be used:

A.

B.

C.

Other Instructions:

Fall Protection Hazard Assessment

Fall Arrest

- Must have anchorage capable of supporting 5000 lb load
 - Must limit maximum arresting force on worker to 1800 lbs.
 - Must prevent free fall in excess of 6'
 - Must prevent worker from contacting lower level in event of a fall
 - Lifelines must be protected from abrasion
 - Snap hooks may not be connected to each other, webbing loops, or other incompatible connections
 - Inspect components for deformation, wear, and mildew prior to each use
-
- A. Anchorage capable of supporting 5000 lbs.
 - B. Body wear, e.g., full body harness
 - C. Connecting device, e.g., lanyard, SRL

Please fill in the blanks if this system is to be used:

- A.
- B.
- C.

Other Instructions:

Configuration and placement sketch attached?

Yes

No

Other Fall Protection Systems

Provide a description of how the system is to be assembled, disassembled, operated, inspected, and maintained. Include specifications for materials to be used in its construction.

Fall Protection Rescue Plan

Rescue:

Names of Authorized Rescuers:

- | | |
|----|----|
| 1) | 2) |
| 3) | 4) |
| 5) | 6) |
| 7) | 8) |

Communication:

What communication systems will be used between the suspended work and supervisor/rescue team?

Check As Appropriate

- | | |
|-----------------|--------------------------|
| 1) Direct Voice | 2) Two-way Radio/Headset |
| 3) Whistle | 4) Other: |
| 5) Mobile Phone | 6) Other: |

Emergency Contact:

In the event of a fall/suspended worker, the Competent Person/Authorized Rescuer should immediately alert the rescue team and first aid response:

First Aid Trained Employee(s) On Site:

Name: Title:

Name: Title:

First Aid Kit Location:

Nearest Medical Facility:

Emergency Services Phone Numbers:

Medical: Fire: Police:

Location of Nearest Telephone:

Fall Protection Rescue Plan

Rescue:

Note: Once Emergency responders have been contacted, a nominated person should direct emergency personnel and provide the following information:

Area of Casualty:

Height of Worker/Confined Space:

Worker's Condition:

Safety of Rescuers:

Yes No

Yes No

Are rescuers trained and in-date with rescue equipment?

Have anchor points been assessed?

Are training records in date?

Are sufficient numbers of rescuers available?

Is rescue equipment appropriate for the nature of work?

Has consideration been made for attaching to casualty?

Other considerations? Describe below

Other considerations? Describe below

Additional Notes:

How will rescuers get to the casualty?

Rescue Ladder

Remote rescue kit

Keys to building or roof?

Elevator

Pull casualty in through balcony/window

Pull casualty through floor/slab/roof

Climb/abseil down building/structure

Suspended access equipment

Aerial equipment from ground

Crane man basket

Fall Protection Rescue Plan

Rescue:

What equipment is needed to ensure prompt response to minimize suspension trauma?

Check as appropriate

Rescue Ladder	Aerial ladder truck
Rescue kit - winch	Suspended access equipment
Rescue kit - haul	Climbing/rope rescue system
Low height rescue kit	Crane man basket
Descent rescue kit	Stretcher
MEWP	First Aid kit

How will others be protected?

Check as appropriate

Assign someone to direct traffic	Set up barriers
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How will accident scene be protected?

Check as appropriate

Prevent further injury or damage	Set up barriers
Preserve wreckage	Report incident/event

How will accident scene be protected?

Lone working precautions (detail):

Unusual features of building/structure (detail):

Fall Protection Rescue Plan

Rescue:

Weather conditions (detail):

Proximity to emergency services/hospital (detail):

Language barriers (agency/contract staff - detail):

Employee Training

All employees must be instructed on the provisions of this plan and have been trained in the proper use of the fall protection/rescue equipment and procedures involved. By signing this document, the employees acknowledge that they understand the plan and have been trained in the use of the equipment.

Print Name:	Signature:	Date:

By entering your name, you as the competent person, verify that the hazard analysis has been done, the employees have been informed of the plan's provisions, and employees have received training in the fall protection systems in use.

Print Name:

Date: